



## WHOLE, PURE FOODS

Whole and pure foods are at the foundation of Nourish eating. Eat a variety of delicious fresh foods that are as close to their natural state as possible. “Whole” does not mean an entire rotisserie chicken or watermelon; it means unrefined and unprocessed. Processed foods are stripped of valuable nutrients and generally contain additives, preservatives and/or artificial flavors and colors. All these can contribute to disease and poor health.

To develop habits that support eating pure foods, we have created a list of foods to eat and foods to avoid. The goal would be to follow this list 100% of the time, but even 50% of the time will enable you to reap many health benefits. Eating the Nourish way is a long-term lifestyle choice, but it’s important to be practical and flexible with your goals. It gets easier as time passes, and any steps towards Nourish eating will begin the journey towards falling in love with feeling great!

## NOURISH: WHAT TO EAT AND WHAT TO AVOID

EAT THIS...	NOT THAT
<b>Choose organic when possible.</b>	<b>Read labels. Follow Nourish nutritional guidelines.</b>
Beans & legumes	Canned, high sodium beans and legumes
Fresh, dried herbs	Seasonings with artificial flavorings or MSG
Fresh vegetables	Canned vegetables high in sodium
Green and herbal tea	Excessive coffee or black tea, excessive caffeine
Honey, maple syrup (use judiciously)	Beet sugar, corn syrup, high fructose corn syrup
Olive, coconut oil; butter, ghee	Hydrogenated oils; refined canola, vegetable, corn, soy or peanut
Sesame, avocado, sustainable palm oil	
Pasture-raised dairy products	Dairy treated with RBGH; products with high sugar or additives
Pasture-raised fresh eggs	Pasteurized processed eggs
Pasture-raised meats	Processed, packaged meats with artificial additives, preservatives
Raw or dry-roasted nuts and seeds	Nuts and seeds roasted in refined oil with high sodium content
Whole-food spices	Seasonings with MSG, nitrites, nitrates, sulfates or preservatives
Superfoods, superfood bars and boosts	Breakfast or energy bars with high sugar or refined carbohydrates
Sustainable seafood	Processed, deep-fried, frozen seafood products
Whole grains	White flour; refined cereals, crackers, cookies, breads, pasta, etc.